

## VIII. Abstract

A method for creating a personalized exercise routine with at least one user interface used in connection with forming machine-readable instructions protected as private to a user subsequently carrying out the exercise routine on an exercise machine, the method including the steps of: providing the user with at least one user interface to define the personalized exercise routine; forming machine-readable instructions to control the exercise machine to carry out the exercise routine on the exercise machine, said machine instructions protected as private to the user; storing the personalized exercise routine formed in the machine-readable instructions in a memory device; and user-triggered engaging of the machine-readable instructions to control the exercise machine in carrying out the personalized exercise routine. In the method, the step of forming machine-readable instructions to control the exercise machine can includes the steps of: associating the exercise routine with a first exercise machine to produce a first set of signals; and subsequently translating the first set of signals into the machine-readable instructions.